


**May 2026**

**Mystic Valley Elder Services**

**City Fresh Vegetarian**

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Cheesy Vegetable & Rice Casserole Seasoned Rice Green Peas Dinner Roll Orange  <b>Calories 730 Sodium 735 mg</b>
4	5	6	7	8
Veggie Sausage w/ Peppers & Onions White Rice Broccoli Dinner Roll Cinnamon Apples  <b>Calories 652 Sodium 768 mg</b>	Creamy Cajun Beans Whole Grain Pasta Green Peas Wheat Bread Orange  <b>Calories 741 Sodium 695 mg</b>	3 Bean Chili w/ Shredded cheese Green Beans & Red Peppers Cornbread Bowl Fruit Cup  <b>Calories 724 Sodium 881 mg</b>	Chik'n in Sundried Tomato Sauce Orzo Broccoli Wheat Roll Lemon White Chocolate Cookie  <b>Calories 816 Sodium 947 mg</b>	BBQ Chickpeas Butternut Squash Vegetable Medley Dinner Roll Pear  <b>Calories 681 Sodium 770 mg</b>
11	12	13	14	15
Veggie Burger & Cheese Potato Wedges California Blend Vegetables Wheat Hamburger Bun Chocolate Pudding Ketchup  <b>Calories 829 Sodium 969 mg</b>	Cheese Ravioli w/ Lentil Bolognese & Parmesan Brussel Sprouts Wheat Roll Fig Newton  <b>Calories 824 Sodium 934 mg</b>	Stewed Garbanzo Beans & Tomatoes White Rice Carrots Whole Grain Cornbread Loaf Orange  <b>Calories 707 Sodium 796 mg</b>	Vegetarian Torta di Polenta Polenta w/ Cheese Kale & Peppers Hawaiian Roll Apple  <b>Calories 700 Sodium 760 mg</b>	Honey Glazed Chik'n Roasted Sweet Potatoes California Blend Vegetables Dinner Roll Shortbread Cookie  <b>Calories 822 Sodium 826 mg</b>
18	19	20	21	22
Egg & Cheese Broccoli Bake w/ Wheat Roll Mixed Vegetables Banana  <b>Calories 834 Sodium 993 mg</b>	Lentil Stew w/ Whole Grain Buttermilk Biscuit Green Peas & Red Peppers Pear  <b>Calories 770 Sodium 712 mg</b>	Creamy White Bean & Spinach Casserole w/ Orzo Broccoli Cornbread Loaf Oatmeal Cookie  <b>Calories 854 Sodium 1238 mg</b>	BBQ Chik'n Sweet Potato Fries Zucchini & Red Peppers Wheat Sandwich Bun Pound Cake  <b>Calories 886 Sodium 1112 mg</b>	Whole Grain Cheese Lasagna w/ Marinara Sauce & Mozzarella Mixed Vegetables Dinner Roll Orange  <b>Calories 701 Sodium 991 mg</b>
25	26	27	28	29
Holiday No Meals	Tuscan Tofu Rice Pilaf California Blend Vegetables Wheat Roll Apple  <b>Calories 771 Sodium 555 mg</b>	Veggie Sausage & Gravy Mashed Potatoes Brussel Sprouts Cornbread Loaf Vanilla Pudding  <b>Calories 732 Sodium 1019 mg</b>	Veggie Burger & Cheese Baked Beans Carrots Wheat Hamburger Bun Orange Ketchup  <b>Calories 840 Sodium 982 mg</b>	Vegetarian Carbonara Whole Grain Pasta Broccoli Wheat Roll Chocolate Chip Cookie  <b>Calories 740 Sodium 874 mg</b>

To cancel your meal please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303

Menu Subject to change. Totals Include 110mg sodium for milk and 30 mg sodium for Margarine.